

# Downtown Summer Fitness Schedule – June 25th to August 31

Schedule is subject to cancellations and change. Get the YMCA of Regina Mobile App for daily updates

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning		<b>CYCLEFIT</b> 6:15—7:15 AM LISA	<b>BODYBLAST</b> 5:45-7:00 AM ANN MARIE	<b>CYCLEFIT</b> 6:15-7:15 AM MELODY	<b>YOGA</b> 5:45—7:00 AM ANN MARIE	<b>CYCLEFIT</b> 6:15-7:15 AM ERICA	
			<b>CYCLEFIT</b> 6:00—6:45 AM LEE				<b>CYCLEFIT</b> 8:00—9:00 AM MIKE
Late Morning							<b>YOGA</b> 9:00-10:00 AM ANN MARIE
		<b>CYCLEFIT</b> STEPH	<b>CYCLEFIT</b> AL	<b>CYCLEFIT</b> MARGOT/STACIE	<b>CYCLEFIT</b> LARA/BRAD	<b>CYCLEFIT</b> NIGEL/RYAN	<b>CYCLEFIT</b> 9:30-10:45 AM MULTIPLE INSTRUCTORS
Noon	<b>**NOON CLASSES WILL RUN 12:10 TO 12:50</b>	<b>BODYBLAST</b> KIM N./ANDRE	<b>ABS/CORE</b> SHANE	<b>BODYBLAST</b> LINDSAY/BRAD	<b>BOOTCAMP</b> SHANE	<b>BODYBLAST</b> LOUISE	<b>FUNCTIONAL INTENSITY</b> 12:30—2:00 PM SKIP
		<b>STEP</b> KIM S./SHERALYN	<b>*YOGA</b> SCOTT	<b>STEP</b> MULTIPLE INSTRUCTORS	<b>*YOGA</b> DONNA/BEV	<b>ABS/CORE</b> LINDSAY	
			<b>CARDIO HIIT</b> MELODY	<b>YOGA</b> PREETMA			
Afternoon							
Evening		<b>INTENSE INTERVALS</b> 5:30-6:30 PM BONI	<b>CYCLEFIT</b> 5:30-6:30 PM BONI/ROBERT		<b>BODYBLAST</b> 5:30-6:30 PM BONI		
			<b>YOGA</b> 5:30-6:30 PM BEV				

Fitness Downtown YMCA

Want to become a fitness volunteer?!

Contact one of our Fitness Directors for more information on becoming certified!



© Youth Friendly Classes—Youth can attend if they've taken the Fit Start Course.

\*Please see front desk to reserve for classes with limited spots!

For more information on Personal Training please contact Shane Ashby at 757-9622 ext 261 or by email at [shane\\_ashby@regina.ymca.ca](mailto:shane_ashby@regina.ymca.ca)